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ALSO IN: NO, THEY'RE
NOT ALREADY
MARRIED! **PAGE 13**



**Topsy-turvy
expense saga**

Amid conspiracy accusations,
Sen. Duffy claims party's
message to him was 'Do
what we want or else' **PAGE 8**

**Explore your
Maroon side**



Music First



SAY NO TO BULKY IPADS!

Apple CEO Tim Cook introduces the new iPad Air during an Apple announcement at the Yerba Buena Center for the Arts Tuesday, in San Francisco. The tech giant announced its new iPad Air, a new iPad mini with Retina display and OS X Mavericks. Story, page 10.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

McNeil hands big jobs to veteran MLAs

From critics to cabinet. Experienced caucus members facing challenges in new roles

Nova Scotia Premier Stephen McNeil is relying on veteran members of his Liberal caucus to lead some of the province's most contentious cabinet portfolios.

McNeil revealed the 15 members of his cabinet during a swearing-in ceremony in the province's first capital, Annapolis Royal, on Tuesday.

Diana Whalen was named finance minister; Leo Glavine serves as health minister; Karen Casey takes over at education and Andrew Younger will preside over energy — portfolios where all four served as Oppos-

ition critics.

Casey also brings cabinet experience, having served as the education minister when she was in the Progressive Conservative government of Rodney MacDonald.

"Our decisions have to be thoughtful," McNeil said after cabinet was sworn in by the lieutenant-governor.

Whalen, who is also deputy premier, will face the task of dealing with what the Liberals believe is a deficit for this fiscal year, despite the previous NDP government's forecast of a slim surplus of \$18.3 million.

During the election campaign, McNeil cast doubt on that figure and ruled out reducing the harmonized sales tax unless N.S. can register surpluses that would offset a decline in revenue of a tax cut.

Glavine will be in charge of overseeing the government's

Thoughtfulness needed

"The ramifications of our decisions last long beyond any term we might hold in office." Premier Stephen McNeil

promise to cut the number of health boards from 10 to two, a commitment that sparked criticism from the NDP that it would harm health-care delivery, particularly in rural regions.

McNeil has said the measure would save \$13 million that can be put back into patient care.

Younger, an outspoken critic of Nova Scotia Power, will be responsible for keeping the party's promise to break the utility's monopoly.

THE CANADIAN PRESS

More coverage, page 3

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Dartmouth

Convergys call centre closing by year's end

An international company will close its Dartmouth office by the end of December after operating in the area for about 15 years.

Brooke Beiting, spokeswoman for the Cincinnati-based Convergys, said the contact centre's 130 employees were informed Tuesday that the site will be closing Dec. 31.

Beiting said the decision was made with its clients and coincides with the expiration of the company's lease on Highfield Park Drive.

"Our clients are forever changing, and we have to base where we have programs on our client's discretion," said Beiting in a phone interview.

Beiting says current employees will be able to apply to other Convergys locations or for at-home work positions. The company also has an office in New Glasgow.

She says they will also provide employment counselling.

Beiting says the call centre received payroll rebates for five years from the provincial government between 1998 and 2003 in return for creating jobs.

ALY THOMSON/FOR METRO, WITH FILES FROM THE CANADIAN PRESS



The Convergys centre will be closed by the end of December.
JEFF HARPER/METRO



Stephen McNeil, right, is sworn in as Lt.-Gov. J.J. Grant looks on in Annapolis Royal, N.S., on Tuesday. McNeil's Liberals won a majority in the provincial election earlier this month. ANDREW VAUGHAN/THE CANADIAN PRESS

Ministers must be on their A-game: McNeil

Swearing-in. Premier says there are plenty of talented people ready to replace any laggards

Premier Stephen McNeil's new cabinet, which holds two more ministers than Darrell Dexter's NDP government, includes nine veteran members of McNeil's caucus and six newly elected politicians.

McNeil, the province's 28th premier, said those in cabinet are aware there are many talented people who were left out and that those who don't perform well won't remain in his inner circle.

"Hard work is required," Mc-

Neil said. "They need to know their files and they need to be leading their department."

Five ministers are women, including Lena Diab, the province's first female attorney general and justice minister.

"I could have appointed more, but I want to be very clear: No one made this cabinet based on gender alone," McNeil said.

The swearing-in ceremony was held at a theatre in Annapolis Royal, the province's former capital city.

"Our province has undertaken a historic journey since the last time this beautiful town was the seat of government," he said. "Today, that journey begins with a new chapter." THE CANADIAN PRESS

Metro-area MLAs in cabinet

- **Diana Whalen**, deputy premier, minister of finance and Treasury Board
- **Lena Diab**, attorney general and minister of justice
- **Kelly Regan**, minister of labour and advanced education and minister responsible for the Advisory Council on the Status of Women
- **Joanne Bernard**, minister of community services and minister responsible for the Disabled Persons Commission Act
- **Keith Colwell**, minister of fisheries/aquaculture and agriculture
- **Andrew Younger**, minister of energy and minister of Communications Nova Scotia
- **Tony Ince**, minister of communities, culture and heritage and minister of African Nova Scotian Affairs
- **Labi Kousoulis**, minister of the Public Service Commission and minister of the voluntary sector

1 NEWS

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Inside the mind of an artist

Neptune Theatre.

Play about painter Mark Rothko runs until Nov. 10



ALY
THOMSON
halifax@metronews.ca

Paintings are interpreted by the people who view them, but rare is the chance to observe the artist's process as it unfolds.

John Logan's play RED attempts to do just that, documenting legendary abstract painter Mark Rothko in 1958 as he creates a series of paintings for the Four Seasons restaurant in New York.

As the project takes shape, it begins to offend Rothko's sense of integrity, said director Eda Holmes of the play, which opened at Neptune Theatre Tuesday.

"It's a wonderful window

Quoted

"It's a wonderful window into the world of real painters."

Director Eda Holmes

into the world of real painters and the amount of commitment and sacrifice they put into every brush stroke on the canvas," said Holmes on Tuesday.

Neptune's Fountain Hall has been transformed into Rothko's studio, equipped with assorted painting supplies — brushes, metal buckets, enormous canvases — and large rectangular windows that overlook the unkempt space.

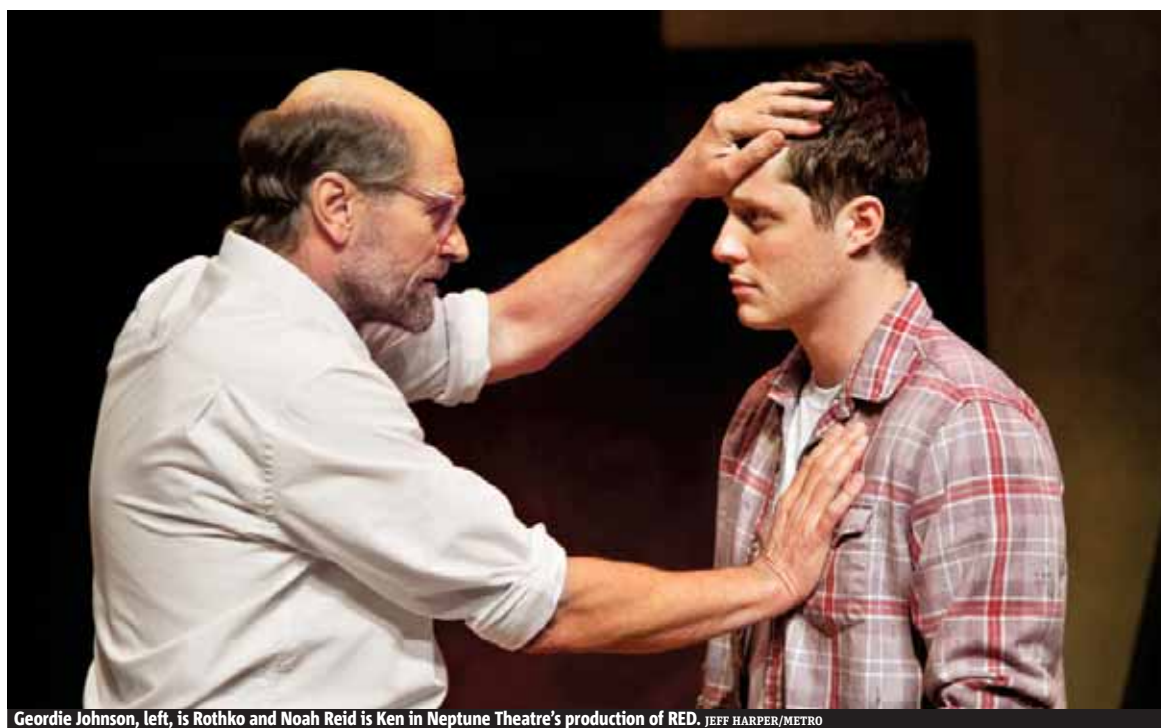
The canvases that surround him all have a deep red palette.

Actor Geordie Johnson stands at centre stage, colourful paint splattered on his shoes, and lights a cigarette. The dull smell of the smoke adds a certain authenticity to the tableau — Rothko was a chain-smoker.

Neptune does warn about the smoke on its website, and adds that the play is recommended for ages 16 and up.

Holmes said that the Tony Award-winning play is about life, art, and life in art.

"It's a relationship between an established painter and young apprentice," said Holmes, adding that Rothko's assistant, Ken, is played by



Geordie Johnson, left, is Rothko and Noah Reid is Ken in Neptune Theatre's production of RED. JEFF HARPER/METRO

Noah Reid.

"It's where the conversation about art comes from, and the difference in their

generations, and what their different generations bring to the conversation."

Rothko is considered to be

one of the foremost figures of abstract expressionism, according to Neptune's website. He believed painting was an

emotional and spiritual experience, for both himself and the viewers.

He died in 1970.

Celtic culture festival coming to Dartmouth



Zeph Caissie, left, dances while Glenn Coolen plays the whistle at the Celtic Corner for the Re-Jigged Festival, which takes place this weekend. JEFF HARPER/METRO

You don't have to travel to Cape Breton to be immersed in the sound of bagpipes, fiddles and stomping feet.

This weekend, downtown Dartmouth will play host to an array of musicians, dancers and artists as part of Re-Jigged, a homegrown festival that celebrates new and traditional Celtic culture.

But unlike other festivals, Re-Jigged juxtaposes industry veterans with eager beginners.

"It's about learning, it's about collaborating, it's about creating, it's about participating," Elizabeth MacDonald, an organizer of the festival and dancer, said at the Celtic Corner on Tuesday.

The event will feature music and dance workshops, a Gaelic program for children and a gala concert Saturday evening.

Headlined by P.E.I. powerhouse trio Vishten, the con-

When and where

Re-Jigged takes place on Oct. 25 and 26 at Christ Church Hall and First Baptist Church Hall in Dartmouth.

cert will also see performances from musicians Andy Webster and Eilidh Buchanan and step-dancer Brian Cunningham of Ireland.

Now in its fourth year, founder Glenn Coolen said Halifax has proven a perfect fit for the festival.

"I've been to festivals all around the world and thought, Wouldn't it be nice to have something like that in Halifax," Coolen said just after playing a tune on the Irish bagpipes.

"It's a dream of ours to have done this ... and we want to keep growing."

ALY THOMSON/METRO

Cole Harbour

Teen charged with attempted murder after stabbing

A 14-year-old boy is facing charges that include attempted murder in the stabbing of a teen near Cole Harbour High School.

A release from the Halifax RCMP states the Cole Harbour teen was arrested Monday night.

He's charged with

attempted murder, aggravated assault with a weapon, assault causing bodily harm and possessing a weapon for a dangerous purpose.

The victim, a 15-year-old, remains in hospital and is listed in stable condition.

The stabbing happened around 2 p.m. Monday after an altercation between two people on a pathway near the school. Neither the victim nor the accused are students at the school. **METRO**

Hammonds Plains Road

Man charged after car crash

A 26-year-old man has been charged with dangerous driving after an accident on Hammonds Plains Road Tuesday. Halifax RCMP say when an officer tried turning around to stop a speeding car, the driver of the car sped up, passed several cars and then crashed into an oncoming vehicle. There were no reports of any serious injuries. **METRO**

Dartmouth

Woman, 31, charged in connection with stabbing

A 31-year-old woman is facing several assault and weapons charges in connection with a weekend stabbing in Dartmouth.

Around 1 a.m. on Oct. 19, officers responded to an assault in an apartment building on Windmill Road. They found a

50-year-old man who'd been beaten with a blunt object and stabbed.

The man had been in an altercation with a woman he knew, who had fled the scene.

He was hospitalized with non-life-threatening injuries.

A release from Halifax Regional Police states that a Dartmouth woman turned herself in to police headquarters Tuesday morning and was arrested without incident.

METRO

Young Avenue

Motorcyclist hurt in crash

Police are looking for a car involved in a crash that seriously injured a man in Halifax. Witnesses said a car and motorcycle were speeding on Young Avenue Tuesday when the motorcycle lost control and hit a parked car. The car left the scene. The male motorcycle driver was hospitalized with serious but non-life-threatening injuries. **METRO**



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Regional council approves change to HRM's tax framework

Changing the rules. Many councillors also in favour of combining urban and suburban tax zones



HALEY RYAN
haley.ryan@metronews.ca

Regional council's committee of the whole has approved a staff recommendation to

change HRM's tax framework to have all services covered by default under the general rate, a move many councillors said could simplify taxation and improve services for everyone.

Councillors debated the issue for an hour and a half Tuesday, with many supporting the removal of area rates as the starting point on things like recreation centres in rural areas.

"At the end of the day, municipal government is really about sharing costs to get better services," said Bruce Fisher,

Quoted

"This falls under nothing ventured, nothing gained."

Coun. Wayne Mason on a new tax framework

HRM's fiscal and tax policy manager during his presentation.

The general rate is funded by all HRM residents, while area rates are funded by specific neighbourhoods to pay for a service they wouldn't other-

wise get. Exceptions for an area rate would be where a "significant minority of taxpayers" had no access to the service, or had access to a service unavailable elsewhere.

Fisher said it makes more sense to consider who needs

services like water, transit, or sidewalks and then figure out how to pay for it, rather than start with a set amount.

In addressing some confusion over how the new system will affect specific taxes, Coun. Steve Craig said this step is more of a "lens" into how to handle exceptions.

"We'll have a framework with which to have a good, wholesome discussion," Craig said.

Coun. Bill Karsten also received support for a sugges-

tion to move to a two-zone tax structure, one for urban and suburban areas, and another for rural residents.

"I would love to go to just two tax rates, it would make it simpler and take some of the confusion (away)," said Fall River Coun. Barry Dalrymple.

Dalrymple said the line between those who get "most" HRM services and those who don't is well defined, and creating two tax rates would be "very, very understandable" to his residents.

Web.com tour

Halifax tees up bid for major golf event

Halifax is hoping to win hosting rights for a major golfing event that could generate millions in economic activity for the province next year.

On Tuesday, regional council agreed to commit \$300,000 this year and next towards a bid to host the Web.com Tour next summer, presented by SportBox Entertainment Group.

"There's going to be a lot of excitement in Halifax around this," Mayor Mike Savage said after the motion was carried.

The Web.com Tour is the "official development circuit for players to reach the PGA tour," according to a staff report.

The province and federal government will each chip in a third of the \$900,000 required to complete the bid.

HRM's share will come from the Marketing Levy Special Events Reserve, a fund drawn from hotel taxes.

The event takes place in early July and includes a charity tournament, the Canada Cup match featuring top three Canadians in the PGA, and four days of competition.

"This will gain the HRM tremendous attention through the sports world," said Coun. Barry Dalrymple, adding that the event would coincide with the Nova Scotia International Tattoo. "Downtown should be absolutely alive and hopping." **HALEY RYAN/METRO**



Laying the foundation on a big project

Construction workers are seen busy working on the foundation of the future Nova Centre in Halifax on Tuesday. Design changes to the project will be unveiled to the public on Thursday evening.

JEFF HARPER/METRO

It's a go. Mini-hybrid system approved for Metro Transit buses

New mini-hybrid thermal systems will soon be installed in 100 Metro Transit buses, cutting down on fuel consumption.

On Tuesday, regional council awarded the tender for the "mini-hybrid kits" to Cummins Eastern Canada, for a total of \$2.58 million.

A staff report said the new system will replace the traditional hydraulic fan system with a "slide-in, controllable electric fan package."

HRM ran a trial run of the hybrid system in January 2010, and the results were positive enough to warrant the additional investment.

Benefits include a reduction in greenhouse gas of 0.09 per cent per bus, and an annual fuel reduction of 3,800 litres, which amounts to saving \$3,500.

There will be an annual reduction in maintenance costs of approximately \$2,000 per



Commuters board a Metro Transit bus in Clayton Park in September.

JEFF HARPER/METRO

vehicle, and of operating costs by \$5,500.

The payback period on investment is about five years, according to the staff report. There should also be a lower risk of hydraulic failures or fire incidents with the hybrid kits.

HALEY RYAN/METRO

Program. YMCA takes over seniors' snow removal

With winter flurries just around the corner, regional council has agreed to let the YMCA take over the seniors' snow-removal program.

On Tuesday, council approved \$400,000 for the YMCA of Greater Halifax/Dartmouth to carry out the program.

In January 2013, Spencer House Seniors Centre informed council they couldn't support the program any longer.

"Spencer House had found

it onerous to administer this," said Coun. Wayne Mason, adding he was glad the city had a partner in the YMCA who could provide adequate "horsepower" for the program.

"I think this is a win-win," Mason said.

Registration for the program takes place from September to November, and traditionally 12 to 15 contractors serve 425 clients in the program each year. **HALEY RYAN/METRO**

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Duffy: PM valued 'base' over 'truth'

Expenses scandal.

Senator claims he was told by Stephen Harper's office to pay back \$90,000 'or else'

Sen. Mike Duffy says Prime Minister Stephen Harper, concerned about how the senator's burgeoning expense scandal was going over with the Conservative "base," ordered him to repay \$90,000 in disallowed housing allowance claims.

In a riveting speech to his Senate colleagues, Duffy spun a tale of "conspiracy" as he described a February meeting with Harper and his then chief of staff, Nigel Wright, during which the senator pleaded his innocence.

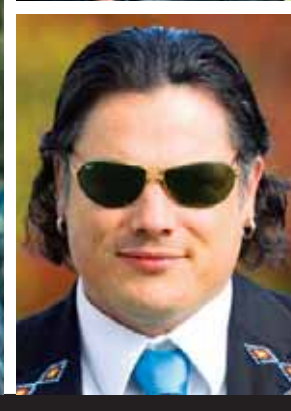
"But the prime minister wasn't interested in explanations or the truth," Duffy said, recounting what Harper himself told him.

"It's not about what you did," Duffy quoted Harper as saying. "It's about the perception of what you did that's been created in the media. The rules are inexplicable to our base ... I was ordered by the prime minister to pay the money back, end of discussion."

Duffy said when he later complained that he couldn't afford to pay the money back, Wright offered to "write the cheque." He does not, however, make



Senators Mike Duffy, above, Pamela Wallin, top right, and Patrick Brazeau arrive on Parliament Hill, Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS



clear whether Harper was privy to that part of the discussion.

Duffy said he spoke by telephone several times with Wright, repeatedly insisting that to "pay back money I didn't owe would destroy my reputation."

"The PMO piled on the pressure. Some honourable senators called me in P.E.I. One senator in particular

left several particularly nasty and menacing messages: 'Do what the prime minister wants, do it for the PM and for the good of the party.'

"Finally, the message from the PMO became, 'Do what we want or else.'"

The "else," Duffy said, was that the Conservatives on the powerful steering committee of the Senate's

board of internal economy, David Tkachuk and Carolyn Stewart Olsen, would declare him unqualified to sit as a senator.

"However, if you do what we want, the prime minister will publicly confirm that you're entitled to sit as a senator for P.E.I. and you won't lose your seat," Duffy quoted Wright as saying.

"I said, 'They don't have the power to do that.' He said, 'Agree to what we want right now or else.'"

Duffy said he made one last effort, arguing he'd done nothing wrong and didn't have the money to reimburse the Senate in any event.

"Don't worry," Nigel said. 'I'll write the cheque. Let the lawyers handle the

details, you just follow the plan and we'll keep Carolyn Stewart Olsen and David Tkachuk at bay.'"

Duffy and former Conservative caucus colleagues Pamela Wallin and Patrick Brazeau face the prospect of suspension without pay for "gross negligence" in their management of Senate resources.

THE CANADIAN PRESS

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Texas

Football coach accused of bullying after lopsided victory

A parent at a Texas high school that lost a football game 91-0 has filed a bullying complaint against the winning coach.

The Fort Worth Star-Telegram reports that Alledo High School coach Tim Buchanan learned of the online complaint against him Saturday, the day after his team beat Western Hills in a matchup. State law requires Alledo's principal to investigate the complaint and prepare a report.

Western Hills coach John Naylor told the paper he disagreed with the bullying allegation.

THE ASSOCIATED PRESS

Seattle. Sex offender who fled Canada may have assaulted 16-year-old boy

Authorities say they believe a sex offender who fled Canada may be the suspect in the sexual assault of a 16-year-old boy.

In a news release Tuesday, Seattle police said they were told that Michael Stanley met the teen at a grocery store and walked with him to an alley.

"Stanley plied the teen with alcohol, grabbed the teen and sexually assaulted him," police alleged.

"The 16-year-old pulled a knife on Stanley and was able to run to another location and contact police." Soon after, police received reports of a man yelling in an alley.

"When police arrived at the scene, they found Stanley, who became combative with officers

and claimed he had a knife."

Police said officers found a small knife on Stanley, who appeared to be drunk. They arrested him for harassment and later learned about the alleged sex assault. They expected to re-book Stanley on additional charges.

Stanley entered the U.S. earlier this month as Canadian police were searching for the 48-year-old. Seattle police located Stanley in the city last week and, as a registered sex offender in Canada, he was told he also had to register in the U.S. He listed his address as one near a preschool and just a block away from a scenic tourist destination.

THE CANADIAN PRESS



Beached whale shark brought back to sea

An Indonesian youth clings on the dorsal fin of a beached whale shark as fishermen prepare to pull it back to the sea at Kenjeran beach in Surabaya, East Java, Indonesia, Tuesday. The shark survived and was successfully released back into the sea. **TRISNADI/THE ASSOCIATED PRESS**

Facebook to warn of violent content

Controversy. Violent news content poses particularly thorny questions for a website that allows children as young as 13 to join

Facebook announced Tuesday it was working on new ways to keep users from stumbling across gruesome content on its website following an outcry over the discovery of beheading videos there.

The controversy — which has drawn critical comment from British Prime Minister David Cameron — illustrates the difficulty of setting a universal standard across the social network used by 1 billion people. Facing sharp criticism, Facebook Inc. issued a statement clarifying that violent videos were only allowed if they were presented as news or held up as atrocities to be con-

demned.

"If they were being celebrated, or the actions in them encouraged, our approach would be different," the company said in a statement. "However, since some people object to graphic video of this nature, we are working to give people additional control over the content they see. This may include warning them in advance that the image they are about to see contains graphic content."

Facebook banned beheading videos in May but recently lifted the prohibition — a development flagged by the BBC on Monday.

A few groups have since condemned the social network for potentially exposing users to the violent content.

Cameron, whose right-leaning government has unveiled several initiatives to censor objectionable content online, said Tuesday allowing the beheading videos back on Facebook was "irresponsible."

Facebook's administrators

Censorship

"Films about beheadings may be deeply upsetting and offensive, but they do expose the reality of violent acts that are taking place in the world today."

Sean Gallagher of the London-based free speech group Index on Censorship

face constant pressure from interest groups trying to impose their own forms of censorship or fighting to lift restrictions they see as oppressive. Women's rights groups want the company to crack down on misogynistic content; others have ridiculed Facebook's ban on the depiction of female breasts. Some believers have urged the site ban what they see as blasphemous content, while others decry what they claim is Facebook's censorship of pages critical of one religion or the other. **THE ASSOCIATED PRESS**

Dublin

Irish police take blonde girl from Roma family

Police have seized a young blonde girl from a Roma family in Dublin, Ireland, in a move spurred by a similar case in Greece.

The government Health Services Executive says Tuesday that it's seeking court approval Tuesday to take the girl into foster care while police investigate her origin.

Police say neighbours of the family reported the case to police.

THE ASSOCIATED PRESS

Shariah law

Brunei sultan talks new laws

Brunei's sultan announced Tuesday that a new Islamic criminal law that could include penalties like amputation for theft and stoning for adultery will be enforced in six months.

Sultan Hassanal Bolkiah said the Shariah Penal Code should be regarded as a form of "special guidance" from God.

THE ASSOCIATED PRESS

No cartoons allowed. Cemetery removes Iraq war veteran's tombstone



Kimberly Walker's gravestone. **KARA WALKER/THE ASSOCIATED PRESS FILE**

Officials at a cemetery that removed a slain Iraq war veteran's towering SpongeBob SquarePants headstone from her final resting place after they deemed it inappropriate for their traditional grounds were planning to meet with the soldier's family to explore possible solutions.

The 7-foot headstone of Kimberly Walker, 28, was made in the likeness of her favourite cartoon character and

erected at Spring Grove Cemetery on Oct. 10, almost eight months after she was found slain in a Colorado hotel room.

Despite getting the cemetery's prior approval of the headstone's design — a smiling SpongeBob in an Army uniform, with Walker's name and rank — her family said Monday that cemetery staff called them the day after it was installed to say it would have to come down. **THE ASSOCIATED PRESS**

Help shape the Cunard lot into a whole lot more

The Cunard Site, currently a parking lot between Bishop's Landing and the Nova Scotia Power building, will soon be developed into stunning and dynamic mixed-use architecture and public space. To make sure the final concept for the new public space reflects the desires of the people that will use it, Waterfront Development is proud to host the following public session. Get involved, and have your say!

OCTOBER 23, 6PM NOVA SCOTIA POWER, ATRIUM BOARDWALK LEVEL AT THE FOOT OF MORRIS STREET

- 6-7pm: Open house (kids welcome)
- 7-8:30pm: Presentation and collaborative design workshop
- 8:30-9pm: Meet and mingle

For those who can't attend, this session will also be live streamed at www.my-waterfront.ca.

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Popular. Metro Halifax daily readership up 24%

More Haligonians are turning to Metro Halifax for their daily news — many more.

Metro Halifax reaches 57 per cent of all Haligonians weekly, an increase of 21 per cent according to results released yesterday by the Newspaper Audience Databank (NADbank). And 114,000 Haligonians turn to Metro every day — up 24 per cent over last year.

"I am absolutely thrilled to see a 24 per cent increase in our daily readership, said Greg Lutes, Vice President & Group Publisher, Metro Eastern Canada.

"This growth certainly speaks to the quality local content we produce every day and the convenient availability of Metro in Halifax."

"Metro has established itself

as a leading brand that Canadians turn to for news and information," says Bill McDonauld, President of Metro English Canada. "This is clearly demonstrated by the growing number of readers that are consuming our content on all its platforms. This growth is happening across the country, including long established markets such as Toronto, as well as in newer markets like London, Ont., and Winnipeg.

"Our readers — active metropolitans — turn to us for an exclusive Freemium experience — premium news, information and entertainment, delivered free — from the paper, the app, and online. Our readers have spoken — and told us we're delivering on that expectation." **METRO**

Market Minute



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(+ 0.11¢)

Natural gas: \$3.58 US (-0.01¢)
Dow Jones: 15,467.66 (+75.46)



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OIL
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GOLD
\$1,342.60 US (+\$26.80)

TOP SIX @ 6 Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 Imagine Dragons Radioactive
- 5 Justin Timberlake TKO
- 4 Drake Hold On, We're Going Home
- 3 Miley Cyrus Wrecking Ball
- 2 Lorde Royals
- 1 Katy Perry Roar

101.3 THE BOUNCE

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Orwellian overtones

Bell customers to be tracked via web, TV, phones

Bell will soon start tracking how its customers use the web and their mobile devices, what they watch on TV, and when they make phone calls.

According to its recently updated privacy policy, Bell will begin collecting customer data on Nov. 16. The company says the data will be used for improving network performance, creating marketing reports and selling targeted ads on mobile devices.

Bell says the data it collects will not be linked with a customer's identity. While customers can opt out of having their data used for personalized advertising and marketing reports, it appears they will be tracked regardless. **THE CANADIAN PRESS**

Costs about \$10,000

eSight helping legally blind see, at a premium price

Emma-Rose Gibson can see clearly no more than three centimetres in front of her, but a new device is allowing the nine-year-old Ottawa girl to watch TV.

The legally blind Grade 4 student, who is diagnosed with optic nerve hypoplasia, is one of the first users of the eSight eyewear, a pair of computerized glasses officially launched Tuesday in Toronto.

The device — made by Ottawa-based eSight Corporation — reconfigures images captured by its high-definition camera in a way to optimize a user's vision.

THE CANADIAN PRESS

Stiff competition good news for Apple fans

Better design, lower prices. Die-hard aficionados will shell out less for latest iPads thanks to fierce contest for tablet market share



Apple CEO Tim Cook is fighting eroding market share by dropping prices and improving design. JUSTIN SULLIVAN/GETTY IMAGES

Apple Inc. is refreshing its iPad lineup and slashing the price of its Mac computers ahead of the holiday shopping season, as it faces an eroding tablet market share and growing competition from rival gadget makers.

Apple unveiled a new, thinner, lighter tablet called the iPad Air along with a slew of new Macs Tuesday at an event in San Francisco. The iPad Air weighs just 1 pound, compared with 1.4 pounds for the previous version. Apple marketing chief Phil Schiller

called the tablet a "screaming fast iPad." He said it is eight times faster than the original iPad that came out in 2010.

The iPad's market share has been eroding compared with cheaper rivals running Google Inc.'s Android operating system. Research firm Gartner Inc. estimates that

Android tablets will end 2013 with a 50 per cent share of the worldwide market versus 49 per cent for the iPad. Just two years ago, the iPad commanded a 65 per cent market share compared to 30 per cent for Android tablets.

THE CANADIAN PRESS WITH FILES FROM TORSTAR NEWS SERVICE



Start saving up now, iPad Air starts at \$499 US

The iPad Air will go on sale Nov. 1 and start at \$499 US for a model with 16 gigabytes of memory. A new iPad Mini will be available later in November starting at \$399 US.

MacBook prices drop, but will still cost a pretty penny

A new, 13-inch MacBook Pro with Retina display is thinner and lighter, Apple marketing chief Phil Schiller said, with up to nine hours of battery life — enough to watch the entire trilogy of The Dark Knight on one charge.

The notebook's new price is lower: \$1,299, compared with \$1,499.



Mavericks OS focuses on apps

Apple's latest computer operating system, Mavericks, is available free of charge. New features will allow users to respond to notifications from other apps without leaving the app they are using, and will come with new maps and iBooks apps.

38th Annual Dartmouth Handcrafter's Guild

Christmas Craft Festival

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Saturday, October 26.....10am — 6pm

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IT'S GHOULS GONE WILD

Let's get nasty.

As in zombies, vampires, ghosts, goblins, warlocks, witches, Kim Kardashian and Miley Cyrus.

Yes, it's that most politically incorrect time of year: Halloween.

Proof that Halloween is not good-for-you-like-tofu is easy to come by:

1. The Miley Cyrus twerking outfit from the MTV video awards is the hottest selling Halloween costume of the year (according to the costume chain Spirit Halloween).

2. School principals across North America keep trying to ban Halloween because it's: not safe, religiously objectionable, racist, sexist and it rots your teeth.

3. It's big business. Halloween spending in the U.S. will reach \$6.9 billion this year, according to the National Retail Federation. Scary!

Still, Halloween in all its gory manages to survive intact.



JUST SAYIN'

Paul Sullivan

metronews.ca

People simply like to pretend they're bad. They dress up like celebrities (Miley, Kim Kardashian), comic book heroes (Wolverine, Iron Man), cartoons (the Minions from Despicable Me), newsmakers (Osama bin Laden) and sex symbols (Marilyn Monroe, Osama bin Laden).

Whoa? Osama Bin Laden is a sex symbol?

Believe it or not, you can buy a sexy Osama costume online, along with a sexy Hazmat suit from Breaking Bad, a sexy pizza costume and a sexy Barney the Dinosaur costume.

There's no doubt, according to various Halloweenologists, that, zombies and wolverines aside, sexy is the No. 1 trend for Trick or Treat 2013. And if you think the Miley Cyrus twerking costume is in bad taste, how about "Naughty Leopard" for two-year-old girls? The costume looks innocuous enough, if you think black lace on your two-year-old is innocuous; but what's with the "Naughty Leopard" label? The costume bears no resemblance to a leopard, naughty or otherwise.

ZOOM

Look-alikes demand a double take



ALISON JACKSON/REX FEATURES

Fake royal family enjoys bath time

Just before little Prince George's christening, the Duke and Duchess of Cambridge appear to enjoy bonding time with their new arrival.

In this intimate photo, William and Kate are bathing their baby, but on closer inspection, they are all look-alikes. This amusing image was taken by photographer Alison Jackson. **METRO**

From behind the lens



"I want my photos to burst a bubble constructed within the media that celebrities don't lead normal private lives. I want to show that they actually do."

Alison Jackson, photographer

Don't believe everything you see

While many see their comical value, Jackson's view of her images has more serious overtones. "Jackson raises questions about whether we can believe what we see when we live in a mediated world of screens, imagery and Internet," her bio reads. "She comments on the power and seductive nature of imagery, and on our need to believe." **METRO**

Number of duplicates

5

is the number of look-alikes Jackson has at her service for Kate, the Duchess of Cambridge.

"I have one in particular who is a dead ringer — she's identical in photographs taken from all angles," Jackson said. The next impersonator Jackson is hunting for is of U.S. actor-pop star Miley Cyrus. "If you do know someone, I would be very grateful if you could contact me!" she appealed to Metro.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Carcasses belonging to a huge deep-sea dweller — "oarfish" to modern know-it-alls, "sea serpents" to yesteryear sailors — have been drawing the curious since appearing in California last week. That's a sadly prohibitive distance for Canadian bizarre-creature enthusiasts. Happily, these blogs are more accessible.



An oarfish that washed up on the beach in California. THE ASSOCIATED PRESS

Real Monstrosities:

It's immediately clear the curators of this blog are more into weird critters than they are web design, but that's quickly forgiven amid videos of creepy crawlies like wrap-around spiders and the badger bat, which is actually pretty cute. (realmonstrosities.com)

The Artful Amoeba:

A corner of Scientific American dedicated to the tiny (plankton), the mind-bending (deep-sea oddities) and the unfairly overlooked (um, horse-dung

fungus). The updates can be few, but there's a lot of surprising life there to catch up on. (scientificamerican.com)

Living Alongside Wildlife:

Dedicated to the sometimes dangerous animals that share the spaces we live in and busting the myths that surround them. However, the real stars of the show here are the rich answers to "what the heck is this thing in my house?" emails from readers. (livingalongsidewildlife.com)

Twitter



@metropicks asked: A surfer fended off a shark by punching it. What would be your first instinct on seeing a shark?

@crazycoach21: First Thought? Sorry Mom, clean underwear isn't in the cards today!

@Cazzy: Flee from the incoming tornado.

@twotalkingdogs: First instinct: swim away fast...very fast.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

SCENE 2

Cormac who? Hollywood brings a literary heavyweight to the masses

McCarthy movies.

Author's memorably dark characters come to life with this year's releases of *Child of God* and *The Counselor*



**IN
FOCUS**

Richard Crouse
scene@metronews.ca

Cormac McCarthy may not be a household name around your place, unless you live with the Coen Brothers or maybe with the Pitts.

Literary critic Harold Bloom called the writer one of the four major American novelists of his time, and he has two all-star movies set for release, which may make his name a little more commonplace.

Later in 2013 James Franco directs, scripts and stars in *Child of God*, an adaptation of McCarthy's 1973 novel about "a dispossessed, violent man whose life is a disastrous attempt to exist outside the social order."

This weekend a star-studded cast lead by Brad Pitt, Cameron Diaz and Michael Fassbender headline *The Counselor*, directed by Ridley Scott.

Producer Steve Schwartz says the story of a lawyer in over his head after dipping his toe into the drug trade "may be one of McCarthy's most disturbing and powerful works."

And that's saying something about the writer who



Cormac McCarthy wrote the screenplay for *The Counselor*, which stars Brad Pitt and Michael Fassbender. CONTRIBUTED

gave us a character like *No Country for Old Men*'s killing machine Anton Chigurh. Empireonline.com warned that when McCarthy throws "a dark character at you, it's a safe assumption that you're not going to be able to get them out of your head for a good, long while — if ever."

As written by McCarthy and played by Javier Bardem, who earned an Academy Award for best supporting

Stuck in your head

"(When McCarthy throws) a dark character at you, it's a safe assumption that you're not going to be able to get them out of your head for a good, long while — if ever." Empireonline.com

actor for the part, Chigurh is merciless, a murderer who makes life and death decisions with the flip of a coin.

The Road, a 2007 Pulitzer

Prize winner for fiction, is another disturbing McCarthy novel adapted for the big screen.

The story is simple. A man



Javier Bardem played a murderer in *No Country for Old Men*. CONTRIBUTED

and his son (Viggo Mortenson and Kodi Smit-McPhee) try to survive in a dystopian world. Armed with only a gun and two bullets, they must scavenge for food amid the ruins and protect themselves from cannibals who roam the desolate land.

The Road is a movie based on small moments set against a big backdrop. No parent will be able to forget the stark image of seeing a young boy who doesn't know what a can of Coke is or a father teaching his son how to commit suicide.

It's tough, no-nonsense work from a writer who says he's "not that big a fan of exotic foreign films," especially movies with magical realism. "You know, it's hard enough to get people to believe what you're telling them without making it impossible," he says. "It has to be vaguely plausible."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Catherine Zeta-Jones and Michael Douglas

It's not over till it's over, or something like that

Michael Douglas and Catherine Zeta-Jones may still be separated, but Douglas is optimistic about how things will turn out between them. "I've been away for a while, but everything should

hopefully be on the up and up," he tells Jay Leno during an interview. "Sometimes people take a little bit of a break, but it doesn't necessarily mean that's the end. I'm very hopeful."



Tina Fey and Amy Poehler

Fey and Poehler strike comic gold

Tina Fey and Amy Poehler sure know how to negotiate. The former Saturday Night Live stars will be reprising their roles as Golden Globes hosts for the next two years, and they'll each reportedly be paid as much as \$4 million for each ceremony, according to Radar Online. "Tina and

Amy decided to ask for the craziest package ever given to awards hosts," a source says. "They are each being paid more than any Oscar host in history with the exception of Billy Crystal. They basically saw how desperate NBC was for their help and decided to take them for a ride."

The Word

Kimye is officially official



THE WORD
Dorothy Robinson
scene@metronews.ca

OH MA GAH. Kim and Kanye are officially engaged!

The engagement was done in their typical low-key style, which meant, for Kanye, renting out AT&T Park in San Francisco for their friends and family and pleading "PLEEEASE MARRY MEEEEEE!!!!" on the Jumbotron while a 50-piece orchestra played Lana Del Rey's Young and Beautiful, followed by Keri Hilson, Ne-Yo and Kanye's Knock You Down.

Fireworks and Roman candles were also deployed. And then Stephen Hawking wheeled in to present the ring (just kidding on that last part but honestly, would you even be surprised?).

Just in case you were curious, she agreed to the engagement (her third,



for those keeping track at home). Kardashian Instagrammed a picture of her 15-carat Lorraine Schwartz stunner with the caption, "Yes."

You know, let's be happy for them. Maybe they will have a long marriage until one of them finally passes away from too much flash exposure.

They'll pop out some more geographically named children. Kanye will continue on with his leather sweatpant ways while Kim will continue to dress like something out of a couture Century 21. They could be our Paul Newman and Joanne Woodward!



Renee Zellweger. ALL PHOTOS GETTY IMAGES

Renee might not pop out a litter, but she still wants to be a mom

Renee Zellweger is reportedly "desperate" to get into the motherhood game and is looking to start a family with her guitarist boyfriend, Doyle Bramhall, according to Radar Online.

"She's considering adopting," a source says. "She knows that she probably missed the boat on carrying and giving birth to a child. She gets down about not hav-

ing a family yet. She really thought that she'd be married and raising kids out in the Connecticut countryside by now." Still, the Bridget Jones star is staying positive, the source adds: "Renee tries to find the positive side of things. She knows 44 isn't too old to be a mom. It will just have to happen a little differently than she always imagined it would."

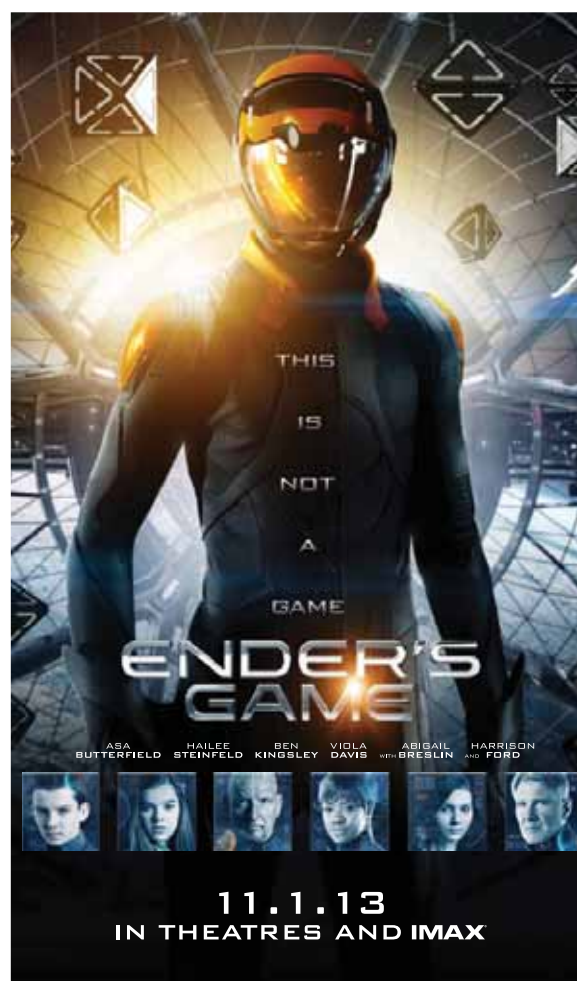
So Frank Sinatra was my dad? No biggie

Ronan Farrow is doing his best to weather the attention kicked up after his mother, Mia Farrow, told Vanity Fair that Frank Sinatra might actually be his father instead of Woody Allen.

"Of course, it is a distraction. But I take it in stride. Look, we all have our family histories to bear," he tells Vulture about the story. "I appreciate how hilarious it is. I mean, it's a ridiculous situation. That said, I'm pretty unfazed by it in substance, because it's been out there both publicly and privately for so long. I grew up in a family with 10 adopted siblings, so if anything I consider it an insult to them to obsess too much over the question of genetic provenance."



Ronan Farrow



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Twitter



@Rosie
Ok 5 15 am is WAYYYY early for me to get up for work ???



@EvaLongoria
It's 4am and I'm still sewing!! In my trailer!



@joeldavidmoore
WHY ARE YOU YELLING AT ME I'M ALREADY GONNA BUY YOUR SUSHI

The home of SeaWorld and a world-famous zoo offers plenty of cash-burning attractions, but San Diego also has awe-inspiring sites that are as free as the sea breeze and go beyond just sunbathing at the beach. You'll soon see this city has matured from its Fast Times at Ridgmont High surf days.

STORY AND PHOTOS: THE ASSOCIATED PRESS



Balboa Park

Balboa Park will be marking its 100th anniversary in 2015, although any day is worth a visit to the 485-hectare urban oasis that rivals New York's Central Park and is home to the San Diego Zoo. Balboa Park offers hikes through palm-lined canyons and gardens. At the park's centre are a cluster of museums whose Spanish-Renaissance style buildings were erected in 1915 for a world fair to mark the opening of the Panama Canal.

5

Free things to see in San Diego



University of California San Diego

On a mesa above the Pacific, the setting alone is reason to visit the UC San Diego campus. The university's grounds are also dotted by 18 internationally acclaimed art pieces. The most recent installation is Fallen Star by Korean artist Do Ho Suh. The quaint one-room cottage hangs precariously off the seventh storey of the engineering school.



The Salk Institute

Just west of the UC San Diego campus is The Salk Institute for Biological Studies, which offers free guided tours Monday to Friday. Established in the 1960s by Dr. Jonas Salk, who developed the polio vaccine, the research facility was designed by architect Louis I. Kahn. Salk wanted laboratory spaces that could be adapted to the future needs of science. Kahn designed two, six-storey buildings and used concrete, teak, lead, glass and special steel.

Border Field State Park

San Diego is a border city but it often does not feel like one despite the fact its centre is less than a 20-minute drive to Mexico. The best way to see the border without crossing it is at Border Field State Park, which is at the farthest southwest corner of the United States. The park is free for those who hike in from the parking lot before the main gate. It's about 2.4 kilometres to the picnic area, where visitors can see the towering steel fence marking the border, which plunges into the Pacific.



Torrey Pines Glider Port

For spectacular sky gazing, head to Torrey Pines Glider Port, a city-owned, private-use glider airport where paragliders and hang gliders jump off the wind-swept bluffs and silently float over the ocean. During the Second World War, U.S. Army cadets trained at the site, which is listed as a National Landmark of Soaring. Today there are picnic tables. The glider port offers lessons and equipment rental, and sandwiches at the Cliff Hanger Cafe.

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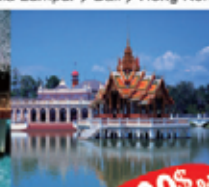
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Rewards programs

Cutting through the card confusion



ON THE MOVE
Loren Christie
life@metronews.ca

With more than 75 travel reward cards — each with nuanced offerings — saturating the Canadian marketplace, it is hardly surprising that consumers feel confused and frustrated.

Take for example, the CIBC Aerogold credit card. Over the last several months, there have been numerous advertisements announcing the changes coming with the credit card and the Aeroplan program in general. As of Jan. 1, 2014 the current CIBC Aerogold will cease to exist. Both CIBC and TD banks will be offering new co-branded credit cards, the Aeroplan program will offer a new tiered recognition program called Distinction that rewards top accumulating members across all coalition partners (not just travel related ones) and new and improved flight rewards will be implemented. The changes do not correlate with Air Canada's Altitude program, which rewards frequent fliers with upgrades, lounge passes and express lines at the airport. These are all potentially good changes, but a lot to digest. RewardsCanada.ca produces a fantastic annual report that rates reward cards based on several criteria. They also look at the reach of the various travel partners, Their winner for this year's top travel credit card with an annual fee was the Capital One Aspire Travel World MasterCard.

B.E.A.T it, just B.E.A.T it — in a pocket

B.E.A.T. in a Pocket



This recipe makes four servings. CONTRIBUTED

Bacon, eggs, avocado and tomato combine so you can serve a healthy meal everyone will enjoy and beat the time crunch on any busy day.

Your kids may like plain eggs, but it's easy to add an adult twist by stuffing your pita with bold, flavourful ingredients.

1. Warm bacon in non-stick skillet over medium heat.

2. In a small bowl, whisk eggs and pepper; pour into skillet. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains.

3. Cut pitas in half; open

halves and place tomato slices inside. Spoon in scrambled eggs and avocado.

Variations

Cheese B.E.A.T.

Instead of bacon, use 60 g (2 oz) sliced brie or shredded cheddar or mozzarella.

Veggie B.E.A.T

Instead of avocado and tomato, add texture by using one small chopped sweet red or green pepper and one grated carrot.

B.E.A.T. in a Tortilla

Instead of pita bread, use whole-wheat tortillas. Roll up scrambled eggs, tomatoes and avocado inside tortilla.

THE CANADIAN PRESS/ EGG FARMERS OF CANADA

Ingredients

Preparation time: 8 minutes
Cooking time: 5 minutes

• 2 slices reduced-salt bacon, cooked and chopped

• 4 eggs
• 0.5 ml (1/8 tsp) pepper
• 2 whole-wheat pita pockets
• 1 tomato, sliced
• 1/2 avocado, diced

Drink of the Week

Skinny Banana Berry Smoothie

- 1 cup (250 ml) strawberries
- 1 cup (250 ml) blueberries
- 1 banana
- 1 cup (250 ml) fat-free plain yogurt
- 1 cup (250 ml) orange juice
- 1 cup (250 ml) ice
- 1 tbsp (15 ml) + 1/2 tsp (2 1/2 ml) Truvia sweetener spoonable

Add all ingredients to blender. Blend on high until smooth. **NEWS CANADA**

Sink your teeth into protein

1. Arrange oven racks in upper and lower thirds of oven; preheat oven to 400 F (200

C). Grease six compartments of standard muffin tin with cooking spray. Split English

muffins open and place cut side up on a baking sheet.

2. In bowl, whisk egg whites, salt and pepper. Divide evenly among greased muffin cups. Place muffin tin on bottom rack and English muffins on top rack. Bake for 12 minutes or until egg whites are firm to the touch and English muffins are golden. Remove both from oven. Sprinkle egg whites with cheese. Let stand 1 minute.

3. While eggs are cooking, spray large nonstick frying pan with cooking spray and heat over medium-high heat. Add pork patties. Cook for 4 to 5 minutes, turning once halfway, or until cooked through. Remove pan from heat.

4. Spread muffins evenly with dressing. Place sausage patties on six muffins; top with eggs and other muffin halves. **PRESIDENT'S CHOICE**

Ingredients

• 1 pkg (340 g) multi-grain English muffins
• 1-1/2 cups (375 ml) egg whites
• 1/4 tsp (1 ml) salt
• 1/8 tsp (0.5 ml) freshly ground black pepper

• 2/3 cup (150 ml) shredded Tex-Mex light shredded Cheese
• 1 pkg (375 g) PC Blue Menu Breakfast Sandwich Pork Sausage
• 1/4 cup (50 ml) PC Blue Menu Light Whipped Dressing



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CONTRIBUTED

COLLEGE GOES ABOVE AND BEYOND

While it may be the oldest college in Canada offering massage therapy education, the Canadian College of Massage and Hydrotherapy remains cutting edge.

"Our program thoroughly covers the national curriculum for massage therapy education and then goes above and beyond," says Jennifer Stuart, CCMH's executive director.

As an example, the college's research literacy course teaches students not only how to access the latest massage therapy

research, but also how to analyze, critique and conduct research.

With courses in professional practice, health sciences, and clinical sciences, CCMH's massage therapy program includes more than 1,000 hours of supervised hands-on education and practical experience.

Located at the Mumford Professional Centre, CCMH offers three intakes per year year, including January, September and May, with on-site and online options.

The class beginning in January is fast-tracked so students are able to complete the program in 16 consecutive months.

The May start date is an online/on-site hybrid program allowing students to study professional practice and health science courses from home for the first two years, followed by one year on-site to complete the clinical science courses.

For more information, please visit collegeofmassage.com/halifax.

EXPLORE THE BENEFITS OF MASSAGE THERAPY

When Jennifer Stuart first started her career in massage therapy 20 years ago, there was a fair amount of confusion amongst the general public about just what a massage therapist did.

Fast-forward to the present day and people have a much better awareness of not only what massage therapy is, but what some of its benefits are.

Simply put, massage therapy is the manipulation of the soft tissues of the body

and is used to promote health and wellness, treat acute and chronic conditions, and reduce the effects of stress. Some surprising conditions that massage therapists can treat are asthma, constipation and sleep disorders.

"I think there's great awareness that it is a complementary form of medicine," says Stuart, who is the executive director of the Canadian College of Massage and Hydrotherapy's Halifax campus.

In fact, she says research from insurance firms has found it is the No. 1 form of complementary medicine for insurance claims, even above physiotherapy and chiropractic care.

As many patients can attest, massage therapy coverage is included on most private medical plans. For people who do not have coverage through their medical plan, an inexpensive way of accessing massage therapy is to utilize a student clinic. Most massage therapy schools have a clinic that offers massage therapy at affordable prices. The sessions are conducted by students and supervised by instructors, thereby giving students practical work experience.

In Canada, the quality of massage therapy education is quite high, so Canadian-educated massage therapists are some of the world's best. Regardless, Stuart has some recommendations for what to look for in a massage therapist.

"People need to make sure whoever they are choosing is a graduate of a reputable school and that they belong to a professional association," she says.

National Massage Therapy Awareness Week runs through to Saturday. As part of the weeklong celebrations, massage therapy schools will be opening their campuses to give people an inside look at the massage therapy profession.

COME SEE WHAT IT'S ALL ABOUT!

Fall Open House

Saturday, October 26th
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As more and more Nova Scotians turn to massage therapy to improve their health and wellness, Massage Addict continues to provide a customized experience that relaxes and restores.

Massage Addict has 18 locations across Canada, but this is where it all began. At its five HRM locations — Dartmouth, Lacewood Drive, Lower Sackville, Spring Garden, and Larry Uteck Boulevard — Massage Addict employs more than 55 registered massage therapists and a dozen staff.

Clients come to Massage Addict for many reasons, everything from stress reduction and relaxation to chronic pain and injuries. Your first appointment includes a complete health history so your therapist can determine the areas of focus, and then you will enjoy a customized massage experience that combines what you want with what your body needs.

Clients love that they can book online 24/7 and pick an appointment day and time that fits into their busy schedule. When they walk through the doors of Massage Addict, the sense of tranquility takes over. Each clinic is a soothing environment where clients can unwind, relax, and focus on their well-being.

Many new clients are surprised to

learn that massage therapy is usually covered by their insurance plan, and Massage Addict is often able to direct-bill the insurance company.

If you have never tried Massage Addict, new clients are offered an introductory price of \$39 for their first massage. It is also the first Canadian clinic to offer a membership, which allows clients to reap the benefits of regular massage therapy at a reduced cost of \$59 per session. Registered massage therapists describe this as getting into a “preventative and maintenance” state, and say it’s much better than coming in only when you are in severe pain. Clients can also choose to see the same therapist each time so their therapist gets to understand their conditions and can customize a treatment plan.

Massage Addict is as popular with massage therapists as it is with clients. When a new registered massage therapist joins the team, they are often surprised by the schedule flexibility, full focus on therapy, and the positive, collaborative work environment. Because Massage Addict offers hundreds of appointments each week, including evenings and Saturdays, it doesn’t take them long to build up a steady, repeat clientele.

The secret is out — massage therapy is improving the health of thousands of Nova Scotians and it’s here to stay.

For more information on Massage Addict, or to see contact information for any of its five HRM locations, visit massageaddict.ca.

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Ryan stepping up to the challenge with Herd

QMJHL. In fourth year with Mooseheads, left-winger is poised for a breakout season



ANDREW RANKIN
andrew.rankin@metronews.ca

Andrew Ryan knew going into this season that he needed to step up his game.

With key offensive pieces gone from last year's powerhouse Memorial Cup-winning team, the Halifax Mooseheads forward would be leaned on heavily.

In his fourth year with the Herd, the Paradise, N.L., native has done just that.

His nine goals are tops on the Mooseheads and he and linemate Nikolaj Ehlers share the team lead in points, with 17.

He's taken advantage of more ice time and his new-found role on the power play. The six-foot-three, 203-pounder is well on his way to surpassing his career high of 39 points set last season.

He's quick to deflect praise onto Ehlers, the league's third star of the week, and his other linemate and good buddy Brent Andrews.

"Since Brent got back from the (Anaheim Ducks) training



Forward Andrew Ryan leads the Mooseheads in goals and is tied for the team lead in points. JEFF HARPER/METRO

camp, it's unbelievable how fast he is out there. He's just been in everyone's face," said Ryan.

"With Nik, he's a pretty easy guy to play with. He's fast;

when we're down low he's great at getting open."

The trio racked up 17 points in the Mooseheads' two straight victories against the Cape Breton Screaming Eagles on Oct. 15, and the Val-d'Or Foreurs on Friday.

Andrews, who's in his fifth and final year with the club, has watched Ryan emerge as a top power forward in the league.

"He's come a long way in

four years," said Andrews. "This year he's really showing that. He works hard. He does the little things right, which make a big difference."

After attending the Philadelphia Flyers' rookie camp last month, Ryan's also motivated by a possible pro tryout next year.

"You see how much faster the game is played there, the way the pros prepare. I want to get back there."

Ryan and the Mooseheads will have their hands full on Wednesday when they face the Maritimes Division's top team in the Charlottetown Islanders at the Metro Centre at 7 p.m.

The second-place Mooseheads will be looking to rebound from Saturday's 5-3 loss to the Rouyn-Noranda Huskies.

"They'll be ready to go," said Ryan. "We'll make sure we're ready too."

Quoted

"I appreciate him. He has a simple game, gets pucks deep and doesn't make many mistakes."

Mooseheads forward Brent Andrews on teammate Andrew Ryan

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• 2:00pm @ Alumni Arena

Soccer, Fri, Oct. 25 vs. UNB

• Women 5pm & Men 7:15pm
Huskies Stadium



Men's Hockey

Fri, Oct. 25 vs. UNB

*Season Home Opener Game is a rematch of the 2013 CIS National Final

Sat, Oct. 26 vs. UdeM

• Both games 7:00pm at the Halifax Forum

Duck hunt: Kessel on target netting hat trick



Phil Kessel, left, celebrates one of his three goals against the Ducks on Tuesday with Leafs teammate Tyler Bozak in Toronto. ADELPHI/GETTY IMAGES

NHL. Leafs score four unanswered goals to return to win column

Leafs sniper Phil Kessel found his scoring touch and the Anaheim Ducks lost their composure Tuesday night.

Riding Kessel's three-goal performance, Toronto recovered from a poor start to defeat Anaheim 4-2 and deny the Ducks a club-record eighth straight win.

It was a Jekyll and Hyde performance for the Leafs, who were booed off the ice after a woeful first period that saw them outplayed, outshot 6-2 and outscored 1-0. Kessel struck twice and Toronto scored three unanswered goals in the second period to climb out of a 2-0 deficit.

"The first period we were awful tight," said Toronto

On Tuesday

4

Maple Leafs

2

Ducks

coach Randy Carlyle. "We couldn't execute a 20-foot pass if the guy was wide-open ... We were tripping over one another the first period."

Toronto got its forecheck going and Kessel started the comeback with a power-play goal at 7:44 of the second period. The Ducks began to unwind and the Leafs led 3-2 going into the third.

Captain Dion Phaneuf also scored for the Leafs (7-3-0), who snapped a two-game losing streak.

Nick Bonino and Mathieu Perreault scored for Anaheim (7-2-0). **THE CANADIAN PRESS**

World Series. Unfamiliar faces find their way to Fenway for Fall Classic

Lance Lynn squeezed through a door leading into the Green Monster, shimmied along a cramped space behind the famed left-field wall and peered out a tiny metal slot in the Fenway Park scoreboard.

"A little snug for me," the burly St. Louis pitcher said.

Plenty of Cardinals got their first look at the century-old ballpark during a workout Tuesday, a day before they opened the World Series against the Red Sox.

Hardly the first time we've seen these rivals together, however. Now, they're set to meet for the fourth time in "that October kind of air," as Cardinals Game 1 starter Adam Wainwright described it.

Jon Lester will oppose him Wednesday night, facing a lineup that got a late boost. Allen Craig, who hit a major league-leading .454 with runners in scoring position but hasn't played since Sept. 4 because of a sprained foot, is set to return.

David Ortiz, Dustin Pedroia and many of their scraggly Boston teammates figure to get a good look at the Cardinals' crop of young arms, led by post-season ace Michael Wacha and relievers Trevor Rosenthal, Carlos Martinez and Kevin Siegrist.

Ortiz is the link to the Red Sox team that swept St. Louis in the 2004 Series — Boston never trailed at any point — and ended an 86-year championship drought.

The clubs haven't met in the regular season since 2008. "It will be exciting to see some unfamiliar faces," Red Sox centre-fielder Jacoby Ellsbury said. **THE ASSOCIATED PRESS**

Quoted

"A ballgame can change with one swing of the bat in this ballpark."

Cardinals rookie right-hander Michael Wacha on pitching under the shadows of the Green Monster.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	9	7	2	0	0	31	20	14
d-Toronto	10	7	3	0	0	34	24	14
Detroit	10	6	3	0	1	24	24	13
Carolina	9	4	2	1	2	22	26	11
Boston	7	5	2	0	0	20	10	10
Tampa Bay	8	5	3	0	0	26	21	10
Montreal	9	5	4	0	0	29	19	10
NY Islanders	9	3	3	1	2	29	28	9
Ottawa	8	3	3	1	1	21	24	8
Washington	9	4	5	0	0	26	29	8
Columbus	9	4	5	0	0	23	23	8
Florida	11	3	6	1	1	26	40	8
New Jersey	9	1	5	1	2	18	30	5
NY Rangers	7	2	5	0	0	11	29	4
Buffalo	10	1	8	1	0	13	28	3
Philadelphia	8	1	7	0	0	11	24	2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-San Jose	9	8	0	0	1	40	16	17
d-Colorado	9	8	1	0	0	28	12	16
Anaheim	9	7	2	0	0	32	23	14
Chicago	9	6	1	0	2	26	21	14
Vancouver	11	6	4	0	1	32	33	13
Phoenix	9	5	2	1	1	27	26	12
Los Angeles	10	6	4	0	0	26	25	12
St. Louis	7	5	1	0	1	27	19	11
Nashville	10	5	4	0	1	19	24	11
Minnesota	10	4	3	1	2	21	22	11
Calgary	8	4	2	1	1	26	28	10
Winnipeg	9	4	5	0	0	22	25	8
Edmonton	10	3	6	1	0	30	39	7
Dallas	8	3	5	0	0	20	28	6

d — division leader; x — clinched playoff berth. **Note** — division leaders ranked in top three positions per conference regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Tuesday's results

Toronto 4 Anaheim 2
Edmonton 4 Montreal 3
Washington 5 Winnipeg 4 (OT)
Vancouver 5 NY Islanders 4 (OT)
Columbus 4 New Jersey 1
Chicago 3 Florida 2 (SO)
Minnesota 2 Nashville 0
Calgary at Phoenix

Monday's results

San Jose 1 Detroit 0 (SO)
Calgary 3 Los Angeles 2
Colorado 1 Pittsburgh 0
Wednesday's games — All times Eastern
Ottawa at Detroit, 7:30 p.m.
Boston at Buffalo, 8 p.m.
Thursday's games
San Jose at Boston, 7 p.m.
Vancouver at New Jersey, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Anaheim at Montreal, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Winnipeg at Nashville, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Washington at Edmonton, 9:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Friday's games
Toronto at Columbus, 7 p.m.
NY Islanders at Pittsburgh, 7 p.m.
Anaheim at Ottawa, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Carolina at Colorado, 9 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	7	10	17
Pavelski, SJ	3	9	12
H. Sedin, Van	2	10	12

Tuesday's games not included

MLB PLAYOFFS

WORLD SERIES

(Best-of-7 series; x — if necessary)

ST. LOUIS VS. BOSTON

Wednesday's game — All times Eastern

St. Louis at Boston 8:07 p.m.

Thursday's game

St. Louis at Boston 8:07 p.m.

Saturday's game

Boston at St. Louis 8:07 p.m.

Sunday's game

Boston at St. Louis 8:15 p.m.

Monday, Oct. 28

x-Boston at St. Louis 8:07 p.m.

Wednesday, Oct. 30

x-St. Louis at Boston 8:07 p.m.

Thursday, Oct. 31

x-St. Louis at Boston 8:07 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	22
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All times Eastern

Winnipeg at Toronto, 7:30 p.m.

Friday's game

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

NFL

Monday's result

N.Y. Giants 23 Minnesota 7

Thursday's game — All times Eastern

Carolina at Tampa Bay, 8:25 p.m.

Sunday's games

San Francisco at Jacksonville, 1 p.m.

Buffalo at New Orleans, 1 p.m.

Cleveland at Kansas City, 1 p.m.

Dallas at Detroit, 1 p.m.

Miami at New England, 1 p.m.

N.Y. Giants at Philadelphia, 1 p.m.

Pittsburgh at Oakland, 4:05 p.m.

N.Y. Jets at Cincinnati, 4:05 p.m.

Washington at Denver, 4:25 p.m.

Atlanta at Arizona, 4:25 p.m.

Green Bay at Minnesota, 8:30 p.m.

Monday's game

Seattle at St. Louis, 8:40 p.m.

MLS

Wednesday's game — All times Eastern

Chivas USA at Salt Lake, 9 p.m.

Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto, 4 p.m.

Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

Sunday's games

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

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The 2014 Mazda3



ALL PHOTOS WHEELBASEMEDIA.COM

Review. What looks and drives like a much more expensive car? The 2014 Mazda3

MALCOLM GUNN
wheelbasemedia.com

You have to expect the unexpected when taking the wheel of the 2014 Mazda3. With seductive looks, comfortable accommodations and impeccable road manners, Mazda's re-designed compact punches well above its weight class when battling the other members of the compact-car field.

Original Mazda3 variations that first arrived for the 2004 model year displayed plenty of swagger and backed it up with surprising levels of basic, down-to-earth goodness. Since then, both sedan and Sport hatchback versions (including the hotrod Mazdaspeed3) have remained popular with legions of folks seeking a car that's as enjoyable to drive as it is to look at.

The new models emulate

the mid-size Mazda6 sedan and the CX-5 wagon, which means they no longer wear Cheshire-cat grins affixed to their snouts. Instead, both have adopted Mazda's latest Kodo (Japanese for Soul of Motion) design approach that includes an attractive but less gimmicky grille. The rest of the bodywork is equally tasty from any vantage point.

What has been stretched by six centimetres, however, is the distance between the front and rear wheels. Overall though, the sedan remains similar in total length and provides about the same trunk space, while the hatchback drops five centimetres in length, but magically gains a fair bit of stowage room, whether the rear seats are up-right or folded flat.

For the driver there's a single round gauge pod and attendant control knobs and switches that are the essence of simplicity. An 18-centimetre multi-function touch-screen that's perched atop the dashboard's mid-section allows for easy scanning without taking one's eyes off the horizon. An optional heads-up display projects speed and

2014 Mazda3

- Type.** Four-door, front-wheel-drive compact sedan/hatchback
- Engines (hp).** 2.0-litre DOHC I4 (155); 2.5-litre DOHC I4 (184)
- Transmissions.** Six-speed manual; six-speed automatic
- Base price (incl. destination)**
\$17,700

Fuel Economy

Interestingly, both engines are closely matched in fuel consumption, with the nod going to the 2.0's official rating, with the automatic transmission, of 6.7 l/100 km in the city and 4.7 on the highway. The 2.5 rings up 7.5/5.4, but both numbers improve to 7.1/5.0 with the optional "i-ELOOP" capacitor.

Compare



1 Honda Civic
Base price: \$17,700



2 Ford Focus
Base price: \$17,650

Design

Although the car's front overhang appears more elongated, Mazda's California studio design manager Ken Saward emphatically states that isn't the case and the 3's slightly wider body (by 4.1 centimetres) and a lowered hood are largely responsible for the illusion.

basic directions onto the windshield, again without diverting the driver's attention away from the road. Like its Mazda6 and CX-5 brand mates, the Mazda3 benefits from the automaker's so-called SkyActiv suite of structural and powertrain enhancements. The former includes a stiffer platform as well as suspension and steering components specifically tuned for sports-car-like precision.

But the real show stoppers are the powerplants. The base engine is a 2.0-litre four-cylinder that makes 155 horsepower and 150 pound-feet of torque. Op-

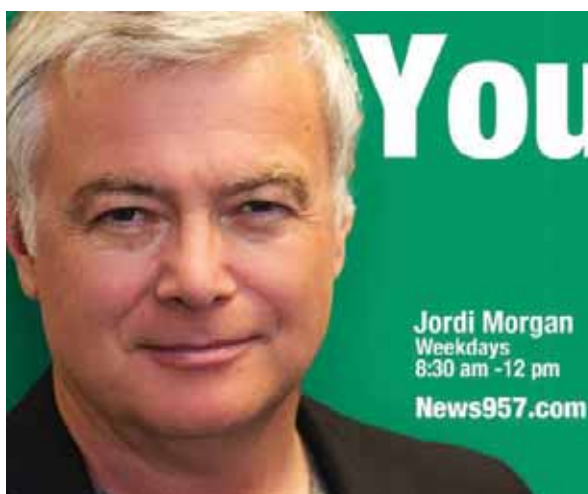
tional is a 2.5-litre four-cylinder with 184 horsepower and 185 pound-feet of torque. Both are available with six-speed manual transmissions, while six-speed automatics are optional.

The optional "i-ELOOP" capacitor charges with electricity during braking to run the 3's various components for extended periods. This means the alternator can be disengaged, thereby cutting drag on the engine. The i-ELOOP functions in the background without the driver being aware of it.

Mazda3 prices start at \$17,700 for the base GX sedan

that includes the usual power-operated accessories plus push-button start. The base GX Sport hatchback starts at \$18,700

Both bodystyles are also available in GS and GT trim, the latter fitted with enough standard and available comfort and safety content to rival many so-called luxury vehicles. Regardless of your choice, the new Mazda3 is an impressive piece of work that will be appreciated by those who really enjoy driving something sporty, but without the space limitations that traditional sports cars impose. And we can all live with that.



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Aligning your tow vehicle's receiver to the trailer's tongue can be tricky, especially if there's no one around to act as a guide. The Swift Hitch SH02 by Toren Partners simplifies this process so that even neophytes should have no problem hooking up. The product consists of a night-vision-capable camera with a magnetic base that attaches to the trunk, liftgate or tailgate of your vehicle. The camera's image is then transmitted to a hand-held, high-resolution 6.3-centimetre colour display screen that shows you exactly when your hitch is in the correct spot. Complete product and dealer info is available at swift hitch.com. You can also purchase the product online for US \$240 from amazon.com.



How to save your glass

Over time, the glass on your vehicle will become scratched, pitted and hazed. Hey, that's to be expected when it comes up against vandals, bugs, the environment and years of outdoor life. And if there's no replacement glass available you're out of luck, right? Well, Eastwood's Pro Glass Polishing Kit is a do-it-yourself system that's made to remove both minor and deep scratches from new and older cars. Each kit includes about a quarter of a kilogram of "Diamond Fast Powder", a 7.5-centimetre felt polishing pad and backing pad plus a spindle adapter that attaches both pieces to your variable-speed drill. Note that using the kit requires wearing protective gloves, eyewear and a respirator mask. The kit sells for US \$50 while the Pro Glass Polishing Kit for Deep Scratches sells for US \$70. Both can be obtained at eastwood.com.



Filler up?

Before investing your hard-earned cash on a "totally original" classic or muscle car, you likely want to know if any rust repair or other cover-ups might be hiding beneath the paint. At that point, The Filler Detective becomes a most useful tool. By lightly pressing the device's protective pad against any metal surface, The Filler Detective will light up and sound an alert indicating the presence of a non-original substance (such as plastic filler). It will also indicate the thickness of any foreign material that has been applied to any area of the body, which is important since even a completely restored car will often have a skim coat of filler below the paint to make the panels completely smooth. The manufacturer claims that even aluminum-based fillers can be discovered. The Filler Detective is priced at US \$100 and can be purchased at fillerdetective.com.



Big time track views

If you have attended a race at the Daytona, Beach, Fla., speedway — or if it's still on your bucket list — you'll appreciate Flathead's high-definition mural-sized, full-colour photos of the venue from the company's wall graphic collection. The wide-view vinyl murals measure a full six feet by four feet, making them ideal to hang in an office, den, studio or garage. But the best part is that it can be displayed using a special "low-tac" adhesive that won't damage walls and allows for easy relocation whenever you want. Choose from five different track images as well as a view of the



Welcome to the land of the rising sports car price

Autopilot. Following the landmark \$1.2m sale of a Japanese model the cost of them will now only shoot upward



AUTO PILOT
Mike Goetz
drive@metronews.ca

Not that long ago the only Japanese car you'd likely see at an upper-crust classic car gathering was maybe the 2001 Camry station wagon belonging to the caterer. Now, vintage Japanese sports cars are suddenly highly sought after and hot.

This spring, at a RM Auctions in Texas, a 1967 Toyota 2000GT traded hands for \$1,155,000 — the highest price ever paid at auction for a Japanese production car.

That result definitely got the notice of the collector car market, says RM Auctions' Don Rose, who specializes in Aston Martin and other European sports and GT cars produced between 1945 and 1985, but he is also deeply interested in the potential of Japanese machinery.

"I think it's an important part of the collector market," says Rose.

He notes that while many in the collector car market harboured a stigma about Japanese vintage vehicles, he was never among them. "I am very bullish on the future of these Japanese cars."

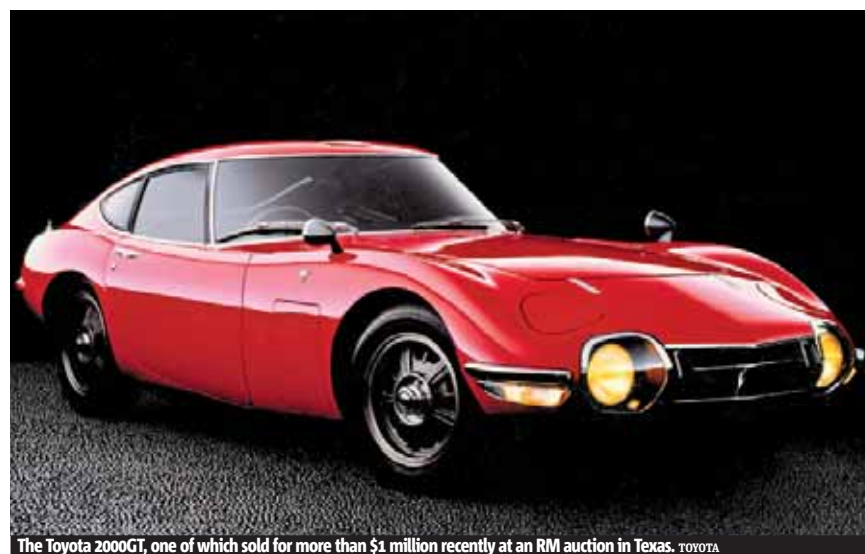
After the 1967 Toyota 2000GT, of which only 351 were made, the most sought after Japanese collectible is the 1967 to 1968 Mazda Cosmo Sport, the world's first sports car powered by a rotary engine. It just so happens, Rose owns an example of both the 2000GT

Top Japanese Collectibles

- 1) 1967 Toyota 2000GT \$1M (more or less)
- 2) 1967-68 Mazda Cosmo Sport \$75,000 to \$125,000
- 3) 1969-73 & 1989-2002 Nissan Skyline GT-R \$25,000 to \$125,000
- 4) 1991-2005 Acura NSX \$30,000 to \$50,000
- 5) 1970-1973 Datsun 240Z \$15,000 to \$50,000

*Approximate value in American dollars for best-condition vehicles

and the Cosmo Sport. The Mazda was never imported to North America. He figures there might only be 10 or so currently in North America. Mazda Canada has one, and



The Toyota 2000GT, one of which sold for more than \$1 million recently at an RM auction in Texas. TOYOTA

so does Jay Leno.

"Beyond those two, you sort of pull yourself into another generation of vehicles," says Rose. Spearheading the generation is the Nissan Skyline GT-R (1969-73, 1989-2002), made famous by film and video game appearances, drifting fame and being the subject of all-out lust by youngsters who had posters of the GT-R on their bedroom walls when they were growing up.

A Skyline GT-R is a perfect example of a "JDM vehicle," one built (virtually) exclusively for the Japanese Domestic Market.

"There are a whole lot of hot-rod JDM cars out there that are very interesting," says Rose.

"(They are) well engineered, quick, fun to drive, and well made."

But the trick might be getting your hands on a prized JDM vehicle. "The Japanese tend to hold them very closely," says Rose. "It's almost like not wanting local treasures to go abroad."

The collecting of "JDM vehicles" is in a nascent stage here in North America, reckons Rose. It certainly hasn't reached the "RM Auctions level," which revolves around

top-rank collectible vehicles. But he figures it could reach that prime level in five years or so, citing the generation X demographic at play here.

"It's the guys who might be 35 to 40 now, and reaching a point in their careers where they might have some spare change to buy these cars — cars they coveted when they were kids."

Isn't that just the way it always happens? Kid puts poster of car on wall, man he becomes buys the car on the poster in mid-life after he finally got some bucks to throw around. There must be a better way.



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The Infiniti Q50. BOTH PHOTOS CONTRIBUTED

Come on, would Infiniti steer you the wrong way?

Driving force. How automaker connects with the driver by disconnecting the steering wheel

JILL MCINTOSH
drive@metronews.ca

At one time, cars all had manual steering, and it took brute force to muscle them into a parking spot. Then came power steering, which used a hydraulic pump to lighten the effort, and then electric power steering, which replaced the pump with an electric motor.

Infiniti has now introduced its Direct Adaptive Steering, or DAS, a completely electronic system that uses "steer-by-wire" instead of an actual connection between the steering wheel and the front tires. The system debuts on the all-new Infiniti Q50 sports sedan.

"One of the primary advantages is the ability to change the character of the car," says Tim Franklin, senior manager of product planning for Infiniti Canada. "We're able to affect how heavy the wheel feels and how quickly it turns. If you're on a long road trip you'll want a relaxed drive, or a spirited drive on a back road."

The system uses actuators on the steering wheel and on the steering rack, along with a central control unit. When the driver turns the wheel, the wheel actuator sends the information to the control

A smooth ride

"We're able to affect how heavy the wheel feels and how quickly it turns. If you're on a long road trip you'll want a relaxed drive, or a spirited drive on a back road."

Tim Franklin, senior manager of product planning for Infiniti Canada

Extras

- Electronic steering systems can be used in safety systems, including guiding a vehicle back if the driver inadvertently crosses out of the lane.
- The Q50's system "tunes out" vibrations caused by rough pavement for a smoother driver.

unit. This unit, in turn, sends information to the actuator on the steering rack, telling it how far to turn the tires. Infiniti says that the steering response is much faster than with a conventional mechanical connection.

Through a central touchscreen, the driver can set the steering feel, ranging from sporty to comfort. The steering wheel actuator adjusts the steering weight—the amount of force it takes to move the wheel. More weight gives a sportier feel, while less weight makes for a relaxing drive.

The system also changes the steering ratio, which determines how far you have to turn the wheel. A "quick" ratio moves the tires farther when the wheel is turned a little, producing a sporty feel where the driver doesn't have to spin the steering wheel as much to go around curves. A slower ratio is preferable for highway driving, since it takes less effort and concentration to keep the car centred in the lane.

Although there's no mechanical link during normal driving, the Q50's system has a fail-safe. If the car's electrical power fails, a clutch on the steering column instantly connects the steering wheel to the rack so the driver remains in control.

"The Q50 is still a sports sedan at its core, and customers want a sporty feel, but they also take it on road trips," Franklin says. "Instead of splitting (the feel) and making a compromise, DAS lets them tailor it to how they want to drive."

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Horoscopes

Aries

March 21 - April 20

You may be suspicious of someone's motives but don't go public about them just yet. There is a chance you are jumping at shadows. Do some checking before your talk.

Taurus

April 21 - May 21

You will have a change of heart about someone you have not seen eye-to-eye with in recent weeks. Whatever your initial disagreement, it is clear the feud has gone on too long. Let bygones be bygones.

Gemini

May 22 - June 21

You need to get the balance right between the time you spend working and having fun. The Sun's change of signs today warns you may have to focus more on work for a while.

Cancer

June 22 - July 23

One of the best times of the year begins for you today and you are eager to get started. But don't throw yourself into something new without thinking about it. What is it you are most creative at? Do that.

Leo

July 24 - Aug. 23

There may be some animosity between you and someone you have to deal with on a day-to-day basis but don't let it get out of hand. Remember that in the greater scheme of things, we all have a role to play.

Virgo

Aug. 24 - Sept. 23

Keep your ideas to yourself for a few days. If your rivals get an inkling of what you're planning, they may try to beat you to it. You don't want to have to start before you're ready.

Libra

Sept. 24 - Oct. 23

Try not to be offended if someone tells you how to run your life today. They only want to be helpful, even though as far as you are concerned they clearly don't know what they are talking about. Play nice.

Scorpio

Oct. 24 - Nov. 22

What's done is done and cannot be undone, so put what happened yesterday and the day before out of your mind. The Sun moves into your sign today, making this the perfect time to begin anew.

Sagittarius

Nov. 23 - Dec. 21

Your main priority now must be to clear all the junk from your life. There's far too much of it. If it's not essential, get rid of it. The less you possess, the more you will accomplish.

Capricorn

Dec. 22 - Jan. 20

Do you care what others think about you? You probably care too much and it's time to put their opinions out of your head and do only what pleases you.

Aquarius

Jan. 21 - Feb. 19

The Sun crosses the career angle of your chart today, so it won't be long before you are moving up in the world. First though there are tough decisions to be made. Who and what do you really want to be?

Pisces

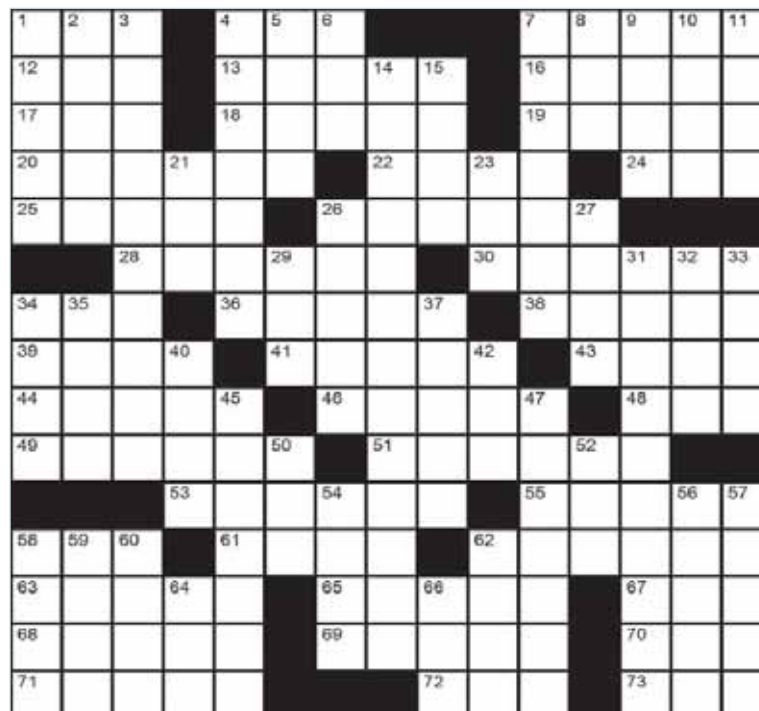
Feb. 20 - March 20

Planets indicate you're thinking of moving away from where you are now, maybe physically or mentally but certainly emotionally. The more you accept change, the more you'll be rewarded. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- One ___ time
- Sea, in Sherbrooke
- Was concerned
- Void, in Montreal
- Putting into service
- Lecture from the podium
- Caesar's 551
- Sewing kit item
- Take the top off
- Elegant touch
- Soup morsel
- East: French
- Ben Heppner's music
- Pinnacle
- Fireplace feature
- Fancily attired
- Type of antelope
- Kind of roof
- Boorish being in Jonathan Swift's novel Gulliver's Travels
- Geological periods
- Holy ___
- Yearn
- Mountain lakes
- Accountant's review
- Rug of Scandinavia
- Drove off the housefly
- Sizzling
- Scribe
- Salts sort
- SNL part, for short
- Concept
- Enchanted at-



- traction
- Oscar Peterson's instrument
- Commence
- Rock-___ (Classic jukebox company)
- "Bon voyage!"
- Luciano Pavarotti
- "The Adventures of ___ Tin Tin" ('50s TV

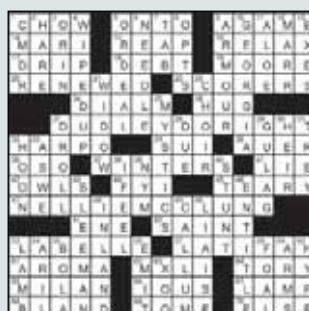
- series)
- Is cheese, does this when heated
- High card
- Bryan Adams song: "The Best Was ___ to Come"
- Down
- "Well... yes ___."
- (Indecisive response)

- Autumn-planted bulb
- Canadian author born in Wingham, ON: 2 wds. (See #14-Down and #31-Down for more)
- Ford sports car
- Spot
- Copacabana city

- Shania Twain's music
- Prince Valiant's son
- Sprint
- Flight schedule acronyms
- Grocery area, for short
- Swedish-given international hon-

- ouree's title since 1901: 2 wds.
- Hidden valley
- Cenozoic, for one
- Assistance
- Something striped
- Mend
- Price-putting place
- Literary work: 2 wds.
- Big name in TVs
- ___ mat
- Acquires
- Old Testament sailor
- Downy duck
- Fairytale's Miss White
- Pickle jar topper
- Really not joking
- Play-putting-on place
- Fared
- Ancient Roman harvest goddess
- See if it works
- "Kukla, Fran and ___" (Classic puppet TV show)
- Stood for something
- Canned meat
- Military assistant, ___-de-camp
- Pin the ___ on the Donkey
- Alligator-looking creature, commonly
- Goalkeeper's
- guard
- Anecdotal collection (abbrv.)

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



13°/4°
Partly cloudy

Thursday



9°/3°
Showers
40%

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